

NUTRITIONAL GUIDANCE

Macronutrients:

The carbs, protein, and fat that make up your caloric intake.

These numbers can be manipulated in your favor to help you reach your goals. Read through this section to learn how to do so.

Online macro calculator
coming 2022!

IF YOUR GOAL IS TO GAIN WEIGHT/GAIN MUSCLE, YOU NEED TO BE EATING IN A CALORIC SURPLUS, AND IF YOUR GOAL IS TO LOSE WEIGHT/DROP BODY FAT, YOU NEED TO BE EATING IN A CALORIC DEFICIT.

EVERYONE'S BODY HAS IT'S OWN NEEDS! YOUR PERSONAL CALORIC INTAKE SHOULD BE MANIPULATED BASED ON YOUR GOALS, WEIGHT, HEIGHT, SEX, AND ACTIVITY LEVEL.

During a recomposition phase, the ultimate goal is to lose body fat while gaining & maintaining as much lean muscle as possible. Please keep in mind that patience is key during recomposition because the process is slow and tedious! If you want to reach your muscle gain or fat loss goals in a shorter period of time, it is recommended to prioritize a goal and go into either a surplus or deficit to do so.

During a recomposition phase, there are multiple ways to go about actually doing this. First being centering your caloric intake around maintenance and putting yourself in either a slight surplus or a slight deficit depending on which goal is more important to you.

The second way being eating in a 10% surplus on your active days (non rest days) and eating in a 10% deficit on your rest days.

Caloric surplus - when the amount of calories you burn is less than the amount of calories you consume in a day.

Caloric deficit - when the amount of calories you burn exceeds the amount of calories you consume in a day.

**EQUATIONS TO CALCULATE YOUR
CALORIES & MACROS YOURSELF ARE
ON THE NEXT PAGE!**

STEP 1: CALCULATE YOUR BASAL METABOLIC RATE (BMR) USING THE HARRIS-BENEDICT EQUATION AND GO FROM THERE:

Female = $655.1 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Male = $66 + (6.2 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in years})$

STEP 2: MULTIPLY BY YOUR TOTAL DAILY ENERGY EXPENDITURE (TDEE).

OUR BMR IS THE ABSOLUTE MINIMUM AMOUNT OF CALORIES YOUR BODY NEEDS TO PROPERLY FUNCTION SO WE NEED TO INCREASE THIS NUMBER SO THAT YOU CAN PROPERLY FUEL YOUR WORKOUTS AND RECOVERY.

FOR THE PURPOSES OF THIS CHALLENGE, YOUR TDEE IS **1.55**

(USE **1.3** IF YOU ARE SEDENTARY FOR THE REST OF THE DAY OTHER THAN YOUR DAILY WORKOUT)

STEP 3: DETERMINE YOUR DAILY CALORIES

YOUR BMR MULTIPLIED BY YOUR TDEE IS GOING TO GIVE YOU A 4 DIGIT NUMBER.

THIS NUMBER IS THE AMOUNT OF CALORIES YOU NEED DAILY TO MAINTAIN YOUR CURRENT WEIGHT.

BY THIS POINT, YOU HAVE PROBABLY ALREADY DECIDED IF YOU WANT TO MAINTAIN, GAIN, OR LOSE WEIGHT.

IF YOU WANT TO GAIN MUSCLE, WE ARE GOING TO INCREASE THIS NUMBER BY 10%.

IF YOU WANT TO LOSE FAT, WE ARE GOING TO DECREASE THIS NUMBER BY 10%.

IF YOU WANT TO MAINTAIN, YOU DO NOT NEED TO ADJUST THIS NUMBER AT ALL.

IF YOUR GOAL IS TO GAIN MUSCLE/WEIGHT AND YOUR CURRENT CALORIC INTAKE IS MUCH LOWER THAN YOUR MAINTENANCE CALORIES, I WOULD SUGGEST STARTING WITH MAINTENANCE AND SLOWLY INCREASING YOUR CALORIES BY 100 CAL EVERY WEEK OR EVERY TWO WEEKS. THIS IS CALLED A REVERSE DIET.

STEP 4: BREAK YOUR CALORIC INTAKE
DOWN INTO MACROS

YOUR MACROS ARE YOUR CARBS,
PROTEIN, AND FAT COUNT.
MANIPULATING THESE NUMBERS IS KEY
TO REACHING YOUR GOALS WHEN
TRACKING YOUR MACROS.

MACRO BREAKDOWN:

25-35% PROTEIN

25% FATS

LEFTOVER CALORIES CARBS

EXAMPLE:

Female = $655.1 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

STEP 1:

$$\begin{aligned} &655.1 + (4.35 \times 155) + (4.7 \times 64) - \\ &\quad (4.7 \times 25) \\ &= 1512.65 \end{aligned}$$

STEP 2:

$$\begin{aligned} &1512.65 \times 1.55 \\ &= 2344 \end{aligned}$$

STEP 3:

$$\begin{aligned} &2344 \times .1 = 234 \\ &10\% \text{ SURPLUS: } +234 \\ &10\% \text{ DEFICIT: } -234 \end{aligned}$$

STEP 4:

2110 (DEFICIT)
FAT: 58 G
PROTEIN: 145 G
CARBS: 242 G

INTUITIVE EATING

10 principles to intuitive eating:

1. Reject diet mentality
2. Make peace with food
3. Honor your hunger
4. Challenge the food police
5. Respect your fullness
6. Discover the satisfaction factor
7. Honor your emotions without using food
8. Respect your body
9. Exercise
10. Honor your health

Tracking calories isn't for everyone. Whatever your reasoning is, that is 100% okay because tracking calories isn't completely necessary. It is just a helpful tool on your fitness journey but there are other ways to fuel your body properly just by listening to it.

Rule number 1, listen to your body. She knows exactly what she wants and needs, exactly when she wants and needs it. If your body is saying that she is hungry, feed her. When she's full, stop.

Food is not inherently good or bad, it is either more or less nutritious. Find joy in what you eating and don't let the "good" or "bad" deter you from having a satiating meal. You should never feel deprived from any foods or reject anything that your body wants. Something that I have learned is that the longer I put off a craving, the more intense it gets, and the harder I go once I finally snap. Restrictions tend to make cravings worse.

HUNGER CHECK

0 1 2 3 4 5 6 7 8 9 10



Too Hungry

Hungry

Neutral

Satisfied

Too Full

Headache

Hunger pangs

Not hungry

Eating slows

Uncomfortably

Nausea

Stomach

Not full

Sense of

full

Irritable

growling

well-being

Stomach

Light headed

Thoughts of

Stomach

stretched

Loss of focus

food

comfortably

Painfully full

full

Nauseas



GOAL

digger

◆ M: Glutes & Quads

◆ *T: Push

◆ *W: Pull

◆ TH: Glutes & Hams

◆ *F: Active Rest

◆ S: Full Body

◆ S: Rest

CARDIO REGIMEN

On the previous page, you will see the workout split with *asterisks.* These marked days are our cardio days!

On these days, we are going to complete 20-30 minutes of low intensity steady state cardio after working out. I recommend staying at or below 70% of your age predicted maximum heart rate (APMHR).

$$\text{APMHR} = (220 - \text{age})$$

$$70\% \text{ of APMHR} = (220 - \text{age}) \times .7$$

There are so many different cardio options, do what feels best for you! Cardio is a tool to help us improve our cardiovascular health, performance, and endurance. You do not need to do excessive amounts of cardio! The goal is to keep it sustainable and keep it healthy.

Types of cardio:

Running: 652-965 cal per hour

Water polo: 566-839

Bicycling: 480-710

Calisthenics: 480-710

Circuit training: 480-710

Jumping rope: 453-671

Stationary bicycling: 420-622

Rowing: 420-622

Aerobic dance: 396-587

Swimming: 396-587

These are just a few options and approximately how many calories they burn per hour!

Do whatever you enjoy the most!